高 2026 级高三（上）英语定时练习 12

命题：任益民　　审题：袁畅

一、阅读理解

A

Dear Davina,

We've previously advised you that you have money in your current account ending 3715, which you haven't used for over 4 years. At HSBC UK we're committed to protecting our customers from fraud and financial crime, which is why we've frozen your account to prevent any dealings from being made.

Dormant Assets Scheme

You may be aware that the Government has a scheme to make use of money held in dormant accounts that have not been used for 15 years or more. They use this money to benefit local communities as well as social and environmental projects. We're part of this scheme and transfer money to the central fund each year.

Take action now

If you want to access your money and reactivate (重新激活) a frozen account, we'll need to check your details are up to date, including your ID and address. Here are your options:

· Contact us using our Live Chat service via Online Banking or the HSBC UK Mobile Banking app, available 24 hours a day, 7 days a week (subject to maintenance periods).

· Visit a branch and bring photographic identification like your valid passport, current driving license or another nationally-recognized photo ID to confirm your identity.

· Call us on 03457404404. You'll need your account details to hand, and be ready to answer some security questions so we can confirm who you are.

Please note: if this is a joint account, you will need to call us on the number above and with your assistance, we will need to check the identities of both account holders.

If you would like to close your account, here are your options:

· Contact us using our Live Chat service via Online Banking or the HSBC UK Mobile Banking app, available 24 hours a day, 7 days a week (subject to maintenance periods).

· If you are not registered for Online Banking or the HSBC UK Mobile Banking app, go to www.hsbc.co.uk to print an Account Closure form and return it to us. We can then close your account and send your money to your chosen account.

We look forward to hearing from you.

Yours sincerely,
Your HSBC Banking Team

1．What made Davina's account frozen?
A．Its improper business.　　B．Funding the local welfare.
C．Its inadequate bank balance.　　D．Protecting it from being misused.

2．What should Davina do to reactivate a frozen joint account?
A．Update personal information.　　B．Access Live Chat service online.
C．Help confirm the identities of both parties.　　D．Visit a branch with recognized identification.

3．What procedure do reactivating and closing an account have in common?
A．Calling the bank.　　B．Visiting a branch.
C．Going to the official website.　　D．Accessing the service via Online Banking.

B

In early 2023, I embarked on a voyage to the Galápagos Islands. It was on Floreana Island's windswept shore that I encountered a weathered whisky barrel (桶) — the legendary Post Office Bay mailbox. It was first used by sailors in 1793 to send mail back home: they would leave a letter and take any addressed to their next port of call to deliver them by hand. It's still used by tourists. People will leave a letter and take one that they are able to hand-deliver to their next destination.

The barrel was full with postcards waiting for delivery. I took a couple home and delivered them with delight: one to a teacher from her pupil, and another from a girl to her boyfriend. The recipients were incredibly grateful.

Weeks later, I couldn't stop thinking about the letters. Then I thought what if I spent a year delivering more letters from that postbox? I realised I could keep my remote job, and at the same time travel the world delivering post, using air miles—and working along the way.

By March 2025, I returned to Galápagos and picked out 55 letters and postcards that covered a large geographic area. I aimed to deliver one a week, covering at least 52 countries and spanning all seven continents.

I'm 52 and very outgoing, but I'm aware that nowadays people are cautious of speaking to one another. While delivering letter number 50, in Bergen, Norway, I almost got arrested. The lady who answered the door didn't believe my story and mistook my selfie stick for a weapon, so she called the police. I had to show the

officers my GPS location history to prove what I was doing, and we all ended up laughing together.

My favourite delivery was letter eight, in Mexico City, from a daughter to her mother, thanking her for letting her follow her dreams. The mother had been very ill, and her daughter wanted to come home from her travels to look after her, but she insisted her daughter continue with her trip. I'm still in touch with both of them.

Looking back on every letter I've delivered, I realize these small acts of passing on messages have woven so much warmth into my journey—and that's the greatest gift this adventure has given me.

4. How was mail delivered at Post Office Bay in the 18th century?
   A. By regular local messengers. B. By sailors stationed on the islands.
   C. By private postal service on the islands. D. By hand-delivery to the next destination.
5. The author decided to return to Galapagos because she _____.
   A. was assigned to handle some remote work
   B. was concerned about the delivery of the letters
   C. intended to use her air miles before the deadline
   D. wanted to check the letters in the deserted barrel
6. Which words can best describe the author according to the passage?
   A. Positive and curious. B. Determined and caring.
   C. Passionate but serious. D. Brave but introverted.
7. What can we learn from this passage?
   A. Letters hold magical power in the modern world.
   B. Each individual is the architect of their own success.
   C. Small acts of kindness bring huge emotional rewards.
   D. New bonds are formed through modern communication tools.

C

J. D. Salinger's *The Catcher in the Rye* remains a classic novel of adolescent rebellion and isolation, connecting with generations since its 1951 publication. Through the voice of Holden Caulfield, a teenager kicked out of prep school, Salinger captures the raw emotions of youth — anger, confusion, and a desperate search for realness in a world he dismisses as "phoney". The novel's lasting power lies not in grand adventure but in its intimate portrayal of Holden's internal struggles, which reflect universal teenage experience.

Holden's journey through New York City acts as a psychological exploration. He criticizes the hypocrisy (虚伪) of the adult world, mocks social expectations, and fantasizes about escaping to a simpler life "away from all the nonsense." Yet beneath his cynical (愤世嫉俗的) appearance lies vulnerability.

Symbolism deepens the novel's exploration of innocence and loss. The repeated image of the "catcher in the rye" — Holden's fantasy of saving children from falling off a cliff — symbolizes his wish to preserve childhood innocence. His repeated visits to the Museum of Natural History, where displays stay unchanged, reveal his longing for stability. The ducks in Central Park's Lake, which mysteriously disappear each winter, mirror Holden's anxiety about life's uncertainties. Even the novel's preface—"authentic adolescent voice"—serves as a rebellion against social norms, making Holden's voice feel startlingly real.

Though set in the 1950s, *The Catcher in the Rye* continues to speak to modern teenagers. In an era dominated by social media and artificial identities, Holden's hatred of hypocrisy feels strikingly relatable. Unlike today's digital interactions, Holden's handwritten letters and face-to-face encounters in the novel emphasize the original pure nature of human connection. Salinger's refusal to romanticize adolescence — offering no easy answers to pain — challenges readers to confront their own struggles with growing up. The novel endures not as a relic but as a timeless conversation about the confusion and struggles of youth.

8. Where is the text most probably taken from?
   A. A news report about modern education. B. A literary journal on writing skills.
   C. A book review of one of Salinger's novels. D. A psychological study on teenage rebellion.
9. What does the underlined word "phoney" in paragraph 2 probably mean?
   A. Fake. B. Dangerous. C. Traditional. D. Complicated.
10. According to paragraph 3, what does the image "catcher in the rye" represent?
   A. Holden's admiration for rural life. B. Holden's desire to escape society.
   C. Holden's criticism of educational systems. D. Holden's wish to protect childhood purity.
11. What does Salinger agree with according to the last paragraph?
   A. Adolescence deserves romanticizing. B. Genuine human connections are vital.
   C. Social media fosters sincere connections. D. Teenagers require straightforward life solutions.

D

From social relationships to work challenges, Chinese people are turning to DeepSeek to address different personal issues. They describe sharing their thoughts and receiving helpful feedback from the popular chatbot. As a rising trend on social media, AI therapy (疗法) is changing the way people seek mental health support. But can AI truly replace a human therapist?

Globally, 45 percent of people who needed mental health care in 2024 did not receive it, with barriers including cost and a lack of providers, according to Huntington Psychological Services. Daniel Lowd, an associate professor at the University of Oregon, believes AI could help solve the lack of therapy services. "If people can find additional support and perspective by talking to ChatGPT or chatbot Claude, then I think that's wonderful," Lowd told *Newsweek*.

Li Yong, a doctor at the Jiangsu Province Hospital, agreed with Lowd, saying that AI meets people's needs for emotional support to some extent. By using basic knowledge of psychotherapy, DeepSeek can help with minor mental issues through comforting responses, Li told *Shanghai Observer*.

However, he points out that AI cannot completely replace professionals due to the human touch which is important for therapeutic services. Therapists develop a deeper understanding of people's emotions and needs through communication, which allows them to offer more tailored treatment plans, *Shanghai Observer* reported.

The use of AI in psychotherapy also raises concerns over the reliability of responses. "AI chatbots will respond as therapists if asked, without any of the inspection, training or responsibility of a human counselor or even a specialized and tested piece of software," Richard Lachman, an associate professor at Toronto Metropolitan University, told *Newsweek*.

Experts believe the key to effective AI therapy lies in proper government regulation. Wysa, for example, is a mental health app that offers therapeutic conversations with an AI chatbot. In 2022, it worked with the UK's National Health Service, following a list of strict standards. As AI becomes more a part of our lives, understanding its effects on human psychology means finding a balance between what's helpful and what's dangerous.

12．How could AI help us according to Daniel Lowd?

A．By improving the quality of therapy.　　B．By reducing the cost of therapy.

C．By providing more psychological aids.　　D．By curing human of mental issues.

13．What is Li Yong's attitude towards AI therapy?

A．Pessimistic.　B．Optimistic.　C．Objective.　D．Ambiguous.

14．Why is a human counselor mentioned in paragraph 5?

A．To question the reliability of AI therapy.　　B．To praise human's insight into mental issues.

C．To prove the necessity of professional training.　D．To stress the responsibility of human therapists.

15．What does the example in the last paragraph show us?

A．The need for suitable state control.　　B．The importance of developing more advanced AI.

C．The popularization of AI across nations.　D．The dangerous effects of AI on human psychology.

二、七选五

Whether they're a member of your household or a visitor around the holidays, difficult family members can take a toll on your mental and emotional well-being. __16__

Express your needs using "I" statements.

Starting a statement with "you" tends to sound more like an accusation, while "I" statements allow the focus to be on your own thoughts and feelings. A difficult family member might be more responsive if you speak to them using an "I" statement. For instance, you could say, "__17__"

__18__

Draw some clear lines in the sand to help make your potential interactions more comfortable and manageable. This might involve limiting the amount of time you spend together, refusing to discuss certain topics, or refusing to be spoken to in a certain way. When something is violated, say something like: "I don't like it when you use pet names with me. Please use my name when we're speaking."

Apply conflict resolution strategies when necessary.

Instead of approaching arguments and tense conversations from an "only one of us can be right" perspective, focus on finding peaceful and respectful ways to resolve the conflict, like saying "We'll have to agree to disagree on this. " __19__ Some family members are a magnet for conflict, and some fights just aren't worth picking.

Avoid sensitive content in conversation.

__20__Thus, it's best to keep them in the "do not discuss" zone. If you're worried about uncomfortable topics being brought up, try to join the conversation with someone who shares your viewpoints so you don't feel isolated.

A. Create clear boundaries with relatives.
B. Restrict the time you spend with relatives.
C. It also helps to choose your battles wisely.
D. You need to stop poking your nose into my personal life.
E. I feel a bit judged when assumptions are made about my personal life.
F. Topics like politics and religion definitely have the potential to get people annoyed.
G. Thankfully, simple strategies can go a long way when you're dealing with negative relatives.

三、完形填空

Kasper Juul Eriksen, a Danish man living legally in Mississippi with his American wife and four kids, thought his immigration interview would be routine.

Instead, he was detained (拘留) on the spot, caught off guard by a(n) __21__ from a decade ago that neither he nor his wife knew about. Years earlier, a __22__ immigration form hadn't been filed properly. It wasn't a (n) __23__ act of deception (欺骗), just an overlooked mistake in a complex process. Still, it was enough to __24__ his legal status and even turn the appointment into a crisis.

Kasper had been to the U. S. as a student in 2009 and returned in 2013 to marry Savannah. Since then, he'd built a __25__ life, holding a steady job, paying taxes on time, and raising his children in a small suburb far from the headlines. According to Savannah, he always tried to __26__ every rule, however complex. Now, he's held in a Louisiana facility with no __27__ timeline for release.

The family is overwhelmed — emotionally and financially. "We're __28__ another child," Savannah said. "And now I have to __29__ everything alone." Friends have started raising funds to __30__ legal costs. But experts say the process is slow and costly, with no __31__ that past good behavior will help.

"We followed the rules. We did everything in good __32__," said Savannah. But in a system where one form can destroy your future, good intentions may not __33__ much.

Now, as the legal fight goes on, the Eriksens can only __34__. Their story has become a __35__ of broader questions about fairness and what it means to follow the rules in America.

21.	A. update	B. outcome	C. misstep	D. breakdown
22.	A. random	B. necessary	C. useful	D. complete
23.	A. intentional	B. unconscious	C. voluntary	D. reasonable
24.	A. acknowledge	B. compromise	C. establish	D. maintain
25.	A. stable	B. busy	C. rich	D. humble
26.	A. come to	B. refer to	C. turn to	D. stick to
27.	A. loose	B. strict	C. legal	D. clear
28.	A. preparing	B. abandoning	C. expecting	D. feeding
29.	A. shoulder	B. accept	C. hold	D. absorb
30.	A. save	B. cover	C. afford	D. control
31.	A. fact	B. concern	C. certainty	D. doubt
32.	A. spirits	B. faith	C. humor	D. shape
33.	A. cost	B. grow	C. need	D. count
34.	A. wait	B. battle	C. rest	D. stay
35.	A. symptom	B. slogan	C. symbol	D. selection

四、语法填空

The vibrant Naadam festival, a cornerstone of Mongolian culture in north China's Inner Mongolia Autonomous Region, __36__ (continue) to attract large numbers of locals and tourists each summer. Meaning "games" in Mongolian, this nationally __37__ (recognize) intangible cultural heritage event celebrates strength, courage, and tradition through its historic "Three Manly Games": Bokh (Mongolian wrestling), horse racing, and archery, with documented roots__38__ (date) back 800 years.

The 35th Inner Mongolia Grassland Naadam Festival started on July 19 in Xilin Gol League in heavy rain. __39__ the downpour created muddy conditions for some visitors, rainfall is considered auspicious on the grasslands, symbolizing prosperity for livestock and pastures (牧场).

The opening ceremony featured __40__ striking scene of over 1,000 herders and 512 traditionally dressed, bare-chested wrestlers circling an arena. Performances highlighted distinctive Mongolian arts like throat singing and Long Song (蒙古长调). Dynamic moments, such as female riders grabbing hada scarves at full speed and archers swiftly __41__ (release) arrows, became popular online content.

Despite weather-related delays to some events, __42__ (enthusiastic) remained high. The festival proved economically significant: by the morning of July 21, the main venue alone__43__ (welcome) over 200,000 visits, generating revenue exceeding 60 million yuan ($8.4 million) — a 40% year-on-year increase. Naadam __44__ (powerful) represents Mongolian heritage and spirit, drawing widespread __45__ (participate) and appreciation.